



Resources for Caregivers of Older Adults

www.lyngblomsten.org

(952) 261-5235

Carolyn Klaver, RN

or call

Lyngblomsten Outreach Services: (651) 632-5331

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We hope these resources will be of help to you as you journey with caregiving.

General Caregiver Resources

Caregivers Support Group at Lyngblomsten

Meets the 2nd and 4th Wednesdays of the month from 1:30 to 3:30 PM at The Heritage at Lyngblomsten (1440 Midway Parkway, St. Paul 55108). FREE.

Coordinated by Lyngblomsten Community Wellness & Education.

Contact Joanne Kellen, RN at (651) 632-5335 or jkellen@lyngblomsten.org.

Caregiver Coaching. A family consultant will meet with the caregiver in person and go through a guided interview process that covers the many aspects of caregiving.

This is followed with the coach helping the caregiver identify issues that are of greatest concern and giving encouragement towards addressing issues. Caregivers needing this service should call (651) 234-2262, the Eldercare Partner's Intake Line. Fees for the service will be determined with each caregiver and may be a free service or a sliding scale fee based on income. The amount of time they coach the caregiver is flexible and based on need.

The Family Caregiving Center – Dr. Wayne Caron, Ph.D., L.M.F.T., Department of Family Social Science, University of Minnesota. (612) 625-1790
wcaron@umn.edu

Caregiver Alliance – information for caregivers www.caregiver.org

www.familymeans.org. Click on Caregiver Support; then go to caregiver resources. Choose "Caring with Confidence" Guide. An excellent tool.

Caregiving radio shows –

<http://www.wsradio.com/internet-talk-radio.cfm/shows/Coping-with-Caregiving/archives/date.html>

www.MinnesotaHelp.info -- Connecting People of All Ages with Community Help

www.caregiverMN.org -- Information and help for family caregivers of seniors in Minnesota and nationwide

www.agingandcaring.com - Celebrating and supporting conscious aging, family caregiving, and inspired living (Pat Samples)

Adult Day Services

Common Sense Adult Day Services, 724 19th Avenue North Suite 100, South St. Paul, 55075. Specifically for you to note the overnight respite they offer on a short-term basis. They are one of only two in the State of Minnesota that offer this. You may want to contact them ahead of a need, so that you could tour the facility and fill out any paperwork. Overnights can be over a weekend. Common Sense also offers Monday through Friday care (either at their facility or in home if desired). They are located at the former Divine Redeemer Hospital in South St. Paul, next door to Urgent Care.

Medical Equipment Lending Library

The Medical Equipment Lending Library is coordinated by Lyngblomsten's Community Wellness & Education program. Equipment is loaned free of charge. Call to make arrangements before coming. Please note that the equipment in this lending library is equipment that has been used and donated. The following items are typically in stock: walkers, crutches, raised toilet seats, shower chairs, wheelchairs, bedside commodes, canes, bedside railings

To borrow or donate medical equipment, please contact the Community Wellness & Education Coordinator Joanne Kellen, RN at (651) 632-5335 or jkellen@lyngblomsten.org

Memory Loss/Alzheimer's – Related Resources

Information about Alzheimer's Disease

www.alzheimers.org

Lyngblomsten's *The Gathering* – weekly group program providing respite for caregivers of persons with memory loss. Contact Carolyn Klaver, RN, at (952) 261-5235 or cklaver@lyngblomsten.org

If you are interested in a **Memory Loss Support Group**, please call the Alzheimer's Association to find a group that meets closest to you. 1-800-232-0851 or www.alzmdak.org

Alzheimer's Association Minnesota-North Dakota. 24 hours a day/ 7 days a week Information Helpline: 1-800-232-0851 www.alzmdak.org

American Health Assistance Foundation (AHAF) has established the **Alzheimer's Family Relief Program** to provide direct financial assistance and resources for the continued care and support of the Alzheimer's patients and their caregivers. Contact Jarmel Wilson, at 1-800-437-2423 or jwilson@ahaf.org

Web-Based Tool

CareFinder www.alz.org/carefinder

The Alzheimer's Association has developed a unique web-based tool called CareFinder™ that helps individuals find the right care options, from home and community-based care, to assisted living and nursing home care. The tool is focused primarily on residential care with memory care specialty and is based on the Alzheimer's Association national campaign for quality residential care, endorsed by more than two dozen national organizations. The Physician Assessment of Individual Needs is a good tool to fill out and use for an appointment so the doctor realizes how your loved one is functioning at home in detail.

The Alzheimer's Association CareFinder, found on the web at www.alz.org/carefinder, has a special feature that allows individuals and families to input personalized information, special needs, abilities and preferences, and receive a customized summary report with care recommendations and specific questions to ask potential care providers based on the profile.

In addition to providing customized care recommendations, the Alzheimer's Association CareFinder also provides detailed information on a variety of issues surrounding care options, including:

- **Planning Ahead** – A diagnosis of Alzheimer's in the early stages of the disease does not mean that a person cannot make decisions so it is important that the individual participate in the decision-making process as much as possible about their future care, legal and financial planning.
- **Care Options** – Individuals with dementia have unique care needs and there are many types of care available. The CareFinder defines and outlines the types of care available and informs families so they can determine what care is needed for their loved ones.
- **Coordinating Care** – Caring for a loved one with Alzheimer's Disease can involve several types of care providers from physicians to in-home assistance to long-term care, such as assisted living and nursing homes. The CareFinder offers advice on how families can remain engaged in the care of their loved ones, communicate with doctors and other care providers to address changing needs such as moving a loved one to a long-term care residence.
- **Support and Resources** – Various support programs are available to help people affected by Alzheimer's disease. The Alzheimer's Association Helpline at 1.800.272.3900 is available 24/7. The CareFinder includes Web links to other resources such as the Eldercare Locator and National Academy of Elder Law Attorneys (NAELA).

Other Resources

Medicare

www.medicare.gov

Social Security Administration

www.ssa.gov

Minnesota Board on Aging/Metropolitan Area Agency on Aging

Information on issues ranging from housing to benefits.

www.mnaging.org

Minnesota Health and Housing Alliance

www.mhha.com

Minnesota Senior Federation

www.tcaging.org

Advocate for Elders – www.advocateforelders.com

Support for families and their loved ones in care planning and decisions

Books, Notecards, Audiovisuals, Speakers

www.willowgreen.com -- resources for healing and hope

Periodicals

Today's Caregiver (magazine) – www.caregiver.com

“America’s magazine for family and professional caregivers”

Caring Today (magazine) – www.caringtoday.com

“Practical advice for the family caregiver”

Minnesota Good Age (monthly newspaper) - www.mngoodage.com

“Journal of Active Living”